



A Newsletter For Prisoners
Based on the Conversations with God Material

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What If?

I've been reading again. By now this won't be a surprise to anybody. And the books I'm reading seem to all say basically the same thing. That also isn't so surprising since, of course, I'm the one choosing the books.

Still, I find it amazing what the message I'm receiving tells me about the universe and how it works.

I've read many so-called New Age books. I say so-called because the message in most of them is the same that's been around for thousands of years. Basically it is the message Jesus brought. As well as the Buddha. As well as that of all major religions.

It is a message of unconditional love. The universal Golden Rule : Do Unto Others As You Would Have Them Do Unto You.

I like knowing this Golden Rule is stated in all the major religions. I like that because I believe in it so profoundly. I believe in its power of creation. I believe we have the world we have created by doing onto others what we see done today. I believe the world today is but a consequence of what's gone on before. And what went on before is a reflection of our beliefs. Yes, I believe in the Golden Rule. But I also believe it barely scratches the surface of our crea-

tive power.

I'm sure you've often heard that to see is to believe. Whether you agree with that or not, could you consider that the exact opposite of that statement may be how creation works.

What if to believe is to see?

"I'm sure you've often heard that to see is to believe"(...)

What if to believe is to see?"

whole heck of a lot about quantum physics. But I love reading about it...as long as the explanations are kept reallllly simple.

What I love most is the idea that the whole world works in the same way. The whole universe follows the same rules. I find that sort of thinking appealing.

I also like the scientific rule that states if there is a simple explanation for something then a more complicated one is not needed and shouldn't be used.

It makes sense to me to think the Universe works the same way whether we're talking about the cosmos or about the atom. Scientists look for explanations of

what they observe, whether they are looking at cells or at galaxies.

Things seemed to be going along famously, although scientists did not all agree on the same theory, they were convinced that a 'correct' theory could be found that would explain the world out there.

And then came quantum physics. Like all scientists, quantum physicists thought that looking into a thing will show us what that thing is made of. Sounds reasonable, doesn't it? So they went into the atom to see what it was made of, what everything is made of. And what they found, what they continue to discover to this day, is a world like none we could have imagined.

I don't want to go into much detail here for the simple reason that I don't understand much of it well enough to explain it to anybody else. If any of you are interested in reading about this, I highly recommend Gregg Braden's book, The Divine Matrix (published by Hay House in 2007)

Keeping in mind my very limited understanding of all this, let me only state some findings from quantum physics that affect how I see my life.

Inside the atom things seem to be magical. There is no 'stuff' there, no 'matter' that put together in a

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special way would make an atom. What was found is an energy field where things seem to appear and disappear depending on the observer.

This means that whatever phenomenon the scientist was looking for happened only when there was someone there observing it. If there was no observer, nothing happened.

How incredible is that??? We know that we change our behavior when we think someone is watching us. But quantum physics shows that the same thing happens to matter. Subatomic particles behave differently when they are observed than when they are not. The observer seems to create what is observed out of an energy field of All Possibilities.

Another incredible finding is that what the scientist does at the end of an experiment will influence what the particles do at the beginning. Time does not exist in a linear fashion that we are used to, with the past influencing the present and the future but the future having no impact on the past or the present.

Another discovery that greatly influenced me is the connection found between distant particles. When one particle is forced to behave a certain way, a distant particle without any observable connection with the first mirrors the change in its behavior instantly. There is no time delay that we would expect if the particles were somehow communicating with each other. What happens is instantaneously.

There are many more amazing discoveries made by quantum physicists but let me stop here and gather my thoughts.

Oh yes, what about my thoughts? My mind? That which I use to observe the world around me? What if I am just as powerful an observer as the quantum physicists are?

What if what I perceive is there only because I perceive it? What if there is nothing out there but a Field of All Possibilities? What if? What if I am not the product of my

past but the product of my perception?

What if we all come from a Field of All Possibilities much like our next thought will come from the field of all possible thoughts? Think about it. Let's say we all think about a brown dog.

So we're all thinking the same thought. Now let's predict what our next thought will be. Impossible, isn't it? I can't even predict what my next thought would be much less what yours will be. And it's a sure bet that we will not all have the same thought. We accept that as natural.

But I think it's amazing! Our mind creates every second of every day. Doesn't that just boggle the mind? Well, no it doesn't of course. We live our lives, think our thoughts and don't marvel at what we are doing. Until we stop and think about it.

So let's think about it. What if the world really is as the quantum physicists are saying? What if we create the world by observing it? What if our thoughts create it?

What if we see what we think? What if we see what we believe?

Have you ever re-read a book you had really enjoyed and found new things in there you could have sworn you hadn't read before?

We know opinions are very individual and depend on how we look at things, how we perceive. Movies, books, food, nobody agrees on any of it. And as with the book we re-read, one person doesn't even perceive the same way all time.

Moreover, is there anything in the world that everybody perceives the same way? If there is I haven't heard of it yet. (If you can think of something, let me know)

We know we perceive differently. We know we pay attention to different things. That's why we can re-read a book and still find new things in there.

I think this is why we can sit and look at a blade of grass, for instance, and 'see' it for the first time.

It is while I was sitting quietly and focusing my attention that I realized something that really shook me.

My mind is difficult to calm. I've known that for a while. It is why meditation is a practice. You need to do it a lot in order to get better at it.

But I noticed something new. Not that I have a difficult time focusing my thoughts but that every second or so everything goes blank. Everything. I even lose my awareness of myself, of my Self.

Try it. Focus your attention on anything at all. What blew me away is not that I get distracted by sounds, sights, smells or even other thoughts. What boggles my mind is that everything disappears every second of every day and I never noticed. I live my life as if my perception were continuous but it isn't. My brain just 'corrects' the flow of what I perceive. Very much as it does when I am watching a movie at the theater. I see a flow, I see movement when what is in front of me is a series of still pictures going by very fast. I just don't perceive the space between the picture frames.

And it started me thinking. What if my brain is NOT playing a trick on me when I lose awareness? What if it's playing a trick on me when it makes me perceive the world as being a constant something out there? What if it is 'correcting' my perception all the time?

What if the world is created every second of every day out of a Field of All Possibilities? What if the greatest creative power exists in this space between awareness, between perceptions of the world? What if?

So here I am, with my boggled mind, trying to figure the answer to a very important question.....so what?

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What is Happiness?

Happiness is not having to remember who you're trying to be, because you are being who you ARE. Happiness is not needing to hear "I love you". Happiness is knowing the purity of truth, and the truth of "knowing". Happiness is shedding tears of love and compassion. Happiness is not needing bridges because all your relationships are on the same piece of solid ground. Happiness is becoming who I am becoming. Happiness is seeing the truth of what "IS".

AC
Michigan

Happiness

Happiness is what you feel and express inside of your soul, heart, mind, and spirit. Happiness makes you smile in special joy. To have happiness in your heart is a part of your soul. Happiness is a true feeling, a real expression of delight. Happiness makes you happy and you feel it! Happiness is your values and other offers of life that you look forward to. Happiness makes things around you very bright. Happiness is what you look forward to and expect.

WLW
Pennsylvania

About "The Opportunity Named Saddam"

Your thoughtful article, "The Opportunity Named Saddam" reminds us that if we destroy our "enemies", we destroy a part of ourselves. It may be a part we do not want to acknowledge or deal with but it is still a part of us. We cannot hurt others without hurting ourselves. The only reason for destroying our "enemies" is to support our self-deception that "we are not like them". An eye-for-an-eye response brings only mass blindness.

In our issue-oriented world, we think the enemy is outside, and we must struggle against those who are outside our group, our party. When we seek to strike back and blame, we distract ourselves from an exquisite opportunity to pay attention, to see, even in the pain, a place of grace, a

moment of spiritual promise and healing.

Finally, there is the realization that the warfare is inside, not just inside the "others" but inside me. But if I am growing toward wholeness, I will be a source of life for the world around me.

(...)

May you always walk in the sunshine
... even on cloudy days.

CTB
Arizona

Impressions from the Event Saddam

When I first saw pictures of Saddam Hussein's execution, many conflicting emotions erupted inside of me. Later, as I thought about what his reported history and execution probably meant to a lot of people within this country and abroad, impressions of nationalism, extremism, relationships, forgiveness, and justice surfaced in my mind.

According to my studies of human history, people have always invaded or tried to invade each other's country. So, I think it's only natural that every nation and country of people will seek ways to protect and govern themselves. Some nations and countries will go to extremes to gather power to preserve themselves. Saddam's government—just as most other leading governments—probably went to extremes too. Saddam's government was probably aware of the greed and power of other countries; his behavior was surely influenced by his nation's fear and beliefs.

In the *Conversations With God* series, it is stated that we have a relationship with everyone; that it is up to us to choose the type of relationship that we're going to have with everyone. It was also stated that it would serve us to be intentional, harmonious, and beneficial in our relationships with each other.

In my opinion, until we choose to practice those spiritual/humanistic principles within our families, communities, nations, and countries of this world, we are going to continue to have people/governments employing extreme measure to preserve and protect themselves.

I think, while we're choosing and waiting for these ideal forms of relationships to be expressed and experienced on a large scale, it would serve us to choose as many forms of forgiveness as we can.

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From the Mail Bag

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I believe that people have a hunger for justice—on an emotional level—when they believe that they've been offended. I believe forgiveness intersects with justice when an offended person is in the process of using that "hurt-emotional-energy" in ways that re-define and re-create self in response to what she/ he forgave the offender for. For example, if my sister is right-handed, and due to my carelessness while horse-playing I broke her right hand, she would probably forgive me because I'm her brother. However for her emotional self, justice will intersect with forgiveness when she learns to use her left hand and becomes able to use both when she recovers the use of her right hand.

When humanity understands what Saddam symbolizes and uses it to help re-create ourselves in response to it, we'll experience justice and freedom inside.

Striving,
HJ
North Carolina

Gifts of Simplicity

Stripped of material possessions, writing these words in a noisy, overcrowded prison dormitory, I ask myself what gift can I possibly give to those in need? Even the words I offer sometimes seem trite and meaningless.

As I go deeper into this subject of simple gifts, though, I am reminded that life is no a problem to be solved. It is a gift to be opened. There are so many gifts in a single life—a word of kindness, the song of a bird, the companionship of friends, a strain of music, the sun on our face, the color of a sunset.

Many of the gifts we offer to others are small, ordinary things: a cordial greeting, a comforting visit, a gentle touch. We give what we have. If we have good humor, then laughter is our gift. If we can cook, then food is our gift. If we can make music or hold a hand or listen well, these are our gifts. The currency of our kindness flows from what we are, what we love.

If we are preoccupied with what is missing and what is broken and wrong, we love the miraculous harvest of all these small gifts, piled one upon another, that accumulate without our acknowledging them. If we become more aware of the infinite blessings of a single day, it will not

erase our sorrows, but it will help us remember how strong and rich we can be even in the midst of suffering. A single word of gratefulness can transform a moment of sorrow into a moment of peace.

Every gift is a drop of water on a stone; every kindness helps us remain helpful and balanced. We thrive here on earth as we bring what we have and offer it at the family table.

I often feel that I have so little to offer. But then I remember that a gift is like a seed. If I wait until the seed becomes a tree before I offer it, I will wait and wait, and the seed will die from lack of planting in the warm moist earth. The miracle is not just the gift; the miracle is in the offering, for if I do not offer, who will?

However large or small, dramatic or simple, if we ignore or suppress our offering, something deep and vital within will wither and die. If we lovingly offer our gift we will experience what Gandhi so beautifully describes,

"The fragrance always remains in the hand that gives the rose"

CTB
Arizona

What if?

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So what if what I just said is true? What does it change? What difference does it make to how I live my life?

Whether things are really out there or not does not seem to change the fact that if I walk into a wall, it's going to hurt. It doesn't change the fact that I have needs that have to be met in order to survive; that I love some things and not others; that some days people get on my nerves a lot and other days I seem to be okay; so what if I perceive something that only seems to be out there, outside of me.

On the other hand, I really enjoy sitting quietly and experiencing the in-between time, the disappearance of the world.

So where does this leave me?

It leaves me in a place in my life that is not very comfortable but is very exciting (I think those two things go together).

I'm at a place where I feel nothing is as I've always thought of it...even after reading the Conversations With God books. All books, all philosophies, all perceptions, all opin-

ions, all theories try to do is give us a way of seeing the world. And I believe the world does not exist.

I believe the cosmos does not exist. I believe I do not exist. None of it exists as I have always perceived it.

What I believe exists is a very powerful creative energy field. A field that is constantly brewing, constantly creating, constantly making things appear and disappear.

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(I am not) saying that you imagine the world, or that each one of you out of your own private whimsy evokes the kind of world that there is. What I am saying is that the construction of the nervous system in combination with the structure of the universe selects a world. Your senses are selective—there are certain vibrations they receive and others they don't. And on top of your senses comes your noticing what your senses tell, because you don't notice everything, and that is another act of selection. Then on top of that is how you interpret what you notice—what patterns of sense you fit it into, what patterns of reason you see, and patterns of what we call 'good judgment'— and that is still another level of selection. So, the world that we are constantly aware of is a selection of our mind. However, the way we have, in our culture, selected what we notice has always left out the intervals, and has rejected the space between things as something relatively insignificant. But if I were to magnify my hand, I would find that it is mostly made out of space. And in the same way when

we look into the night sky we see the patterns formed by the stars and call them constellations, we pay little attention to the vast space of millions of light years between them. Because we have specialized in noticing the relationship between subject and object, and have assigned our consciousness to the 'subject' category and what we notice to the 'object' category, we have a view of the universe that is exclusive instead of inclusive. And although this point of view is useful for picking apples and avoiding the sharp corners of tables, it is not an accurate map of reality, any more than the patterns of the stars are comprehensive descriptions of the universe. The universe, and that includes our selves, is much more than that, and it all goes together.

Now this is the report that comes out of a state of consciousness that is not familiar to us. However it becomes apparent to many people, and not necessarily to people who are great saints or sages who have practiced yoga and meditation disciplines

for many years. This is an experience that happens to very ordinary people—to children, to people having their teeth extracted with anesthesia or with a life-threatening illness—and we don't know the laws, if there are any, that govern how it happens. Usually the experience is accompanied by a change of perception, and the sudden recognition that the world that is other than yourself, that is outside you and that is not under your ordinary control, that hurts you and fights you, is deep down a hidden aspect of yourself—the unknown other that is you. And if we could understand that, and know it, obviously nothing would hold any terrors for us. We would know that however far we went into anything, into pain, into grief, into suffering, we would simply be discovering ourselves in a hidden form.

from: The Essential Alan Watts
Seven Things We Thought We Knew
About God and the Cosmos
(But Didn't)
By Alan Watts

What If?

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I believe our minds are part of this field.

I believe our minds are so connected to each other that the creation of one affects all. Very much like the sub-atomic particles.

I believe that individual minds perceive individual worlds.

I believe your world and mine are different worlds because our perceptions are different.

I believe that worlds are created in order to perceive All Possibilities.

So how do I answer the question I asked before? So what?

All I can say is that in my life, this new knowledge has changed everything.

For me, knowing that the world is not

a stable outside thing that I perceive with a stable inside thing that I call my mind, my awareness, my self, changed everything.

I now view myself as one possibility that is showing up at this instant. This is a new view of my Self from anything I believed before.

Now, I believe my Self to be a creation of an instant that lasts an instant to be replaced by a new creation in the next instant.

I believe that these successive me-creations that I perceive as continuous and define as my Self are a product of an immense creative power that is eternal.

In my everyday life, this means that nothing is important. And everything is precious.

Nothing is important because nothing is really out there, happening to me. My perception is making it all happen.

Everything is precious because it was created for this instant and will disappear in an instant. It is up to me to perceive it or not. And it is my choice to perceive as much as I can.

*Perceive as much love as I can.
Perceive as much kindness as I can.
Perceive as much peace as I can.
Perceive as much happiness as I can.
I am creating it all. It is up to me to perceive what I wish.*

*To believe is to see.
This is what I believe.*

What if it's true?

In love and peace,

Janine

<i>My Happiness</i>

I have ever, without cease, looked for happiness

*I traveled many roads....
 Expecting to find happiness nestled in a corner, waiting just for me
 So I could take it in my heart and bring it in my home.
 But none of life's roads revealed its hiding place:
 I explored forests and rivers;
 Looked under each rock and climbed each mountain;
 Crossed each ocean and overcame each volcano;
 Dug in each cemetery to make sure it hadn't died;
 Each flower, each bird, the whole of nature I have questioned.
 I came back empty-handed and with a heavy heart.*

*So I looked in books...
 I memorized each word and invented some others
 I wanted to believe the words of others
 To try and slack my thirst by drinking of their thoughts
 I hurt my fingers turning so many empty and lying pages
 I hurt my eyes looking at meaningless letters bunched together
 I enjoyed this detour but I did not find happiness there*

*So I looked at people...
 Looking in their eyes to see if happiness hid there
 I listened to their words too often dishonest
 While in some of them I suspected sincerity
 I was suspicious and too embittered from past experiences
 And often forgot to listen and really look at their faces
 The faces where happiness seemed to reside
 But I looked with my eyes closed
 Afraid to be fooled by appearances*

*So I turned to love in all its complexity...
 I loved men, expecting them to give me happiness
 I gave them everything believing that happiness would come through them
 I sunk into the hell of one who forgets to love herself
 Did happiness demand that I first welcome loneliness?*

*So I turned to my mirror...
 I smiled and my soul and my heart spoke to me
 This is what they said,
 "Stop looking elsewhere in the world.
 Stop looking in books.
 Stop believing that people hold the truth
 Stop loving others first
 And happiness will snuggle in your heart
 You will have come to the end of your quest
 Happiness will be IN you."*

*My soul, my heart had spoken...
 And for the first time, I really listened
 I reviewed my travels, my books, my friends, my loves,
 And I realized that my eyes had been closed
 I started to breathe again and ended my never-ending journey...
 Happiness is in me, Happiness is me!*

LL

Montréal

Translated from the French: Mon bonheur

All my life I have sought...something
 Adding all I have found up there is nothing.
 Because in seeking this "something"
 I have constantly moved away from what I am seeking
 If I had only had the wisdom to know
 That that "something" wasn't anywhere I could go
 But only right there where I was.
 Now that my infantile wisdom has begun to grow
 I'll have to learn to forget what I know
 All that misdirection and error
 The distraction and terror...
 Healing should be easy, but not for me
 All that wrong-thinking and misdirection is who I be
 Until the new knowledge outweighs the old,
 I'll just have to be content with lonely and cold

RS
 Texas

Where?

You're worlds away
 You're in my heart
 You're never around
 We're never apart

I can't see you
 Yet, you're everywhere I look
 I'm so confused because
 Everyone says you're in their book

From churches to battlefields...
 From the heavens to the depths of the seas...
 I find there is nowhere you cannot be.

I've enjoyed the seeking
 And most grateful for what I've found
 It's been a perilous journey
 But now I'm on solid ground

I didn't have to look
 But I had to be
 Yet without the journey
 This simple fact, I could not see.

WPR
 Maryland



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